

Refugees in Calais in urgent need. Join InSite in meeting these needs.

NOURISHMENT

PERSONAL HYGIENE AND FOOD TO NOURISH THE BODY; SIMPLE ITEMS THAT WILL CATER TO THIS BASIC NEED

- toothbrushes
- toothpaste
- shampoo
- deodorant
- body spray



- tinned fish (in tins with self-opener)
- biscuits
- dried fruit



WARMTH

ITEMS THAT WILL PROVIDE WARMTH AND PROTECT FROM EXTREME WEATHER CONDITIONS

Male Items:



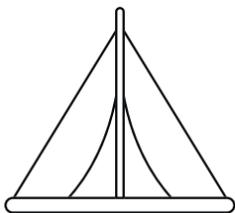
- waterproof jackets size 14 years and above.
- clothes Size S & M esp. jeans, jogging pants & tops, warm sweaters
- sport shoes size 40-44
- socks and underwear, beanies, gloves

Female & Children Items:

- **WARM WATERPROOF JACKETS**

Please do not donate any other clothing items as it clogs up the warehouse and make sure all items are clean and undamaged.

OTHER ITEMS NEEDED:



- tents, esp. small ones
- sleeping bags
- blankets min 1.70 m long
- backpacks (medium, type teens take to school)
- survival blankets
- rain panchos (not single-use ones)

ITEMS IN RED ARE MOST URGENT

In case you do not have any of those items available, please consider making a donation to:

Human Aid inGreece
NL64ABNA0479717273.

Any little amount helps. For 10 euros we can buy 4 blankets, 16 pairs of gloves or one warm waterproof jacket!

COLLECT NOW
DROP OFF LOCATION:

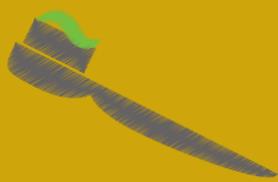
<https://www.insiteinaction.org/>

**'We are here' center urgent needs.
Help InSite meet these daily needs.**

NOURISHMENT

**PERSONAL HYGIENE; SIMPLE ITEMS THAT WILL
CATER TO THIS BASIC NEED**

- soap
- toothpaste
- shampoo
- razors and shaving cream
- Toilet paper
- dish washing liquid
- beach/cleaning products



FOOD

**FOOD ITEMS THAT WILL HELP
SUSTAIN THOSE DISPLACED.**



- tinned fish (in tins with self-opener)
- biscuits
- cooking oil
- rice
- anything sweet
- semolina
- sugar
- long conservation milk
- tinned tomatoes
- tea
- peanut butter

Other items:

- TELEPHONE CREDIT
- GARBAGE BAGS

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ABOUT WE ARE HERE, "WIJ ZIJN HIER"

"We Are Here" is an Amsterdam collective of refugees who are often described as "uitgeprocedeerde", i.e. having been refused asylum without possibility of recourse. This is incorrect for the majority of them. They have indeed been refused asylum and they are undocumented, but most of them are busy with procedures to appeal this initial rejection. A survey of Vluchtelingwerk revealed that about 75% of the members of the group should be eligible for asylum in The Netherlands. In fact, since the inception of the group, about 80 individuals did obtain asylum status.

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**COLLECT NOW:
DROP OFF:**

<https://www.insiteinaction.org/>

Refugees in Brussels Night Shelter in urgent need.

Join InSite in meeting these needs.

NOURISHMENT

FOOD TO NOURISH THE BODY; SIMPLE ITEMS THAT WILL CATER TO THIS BASIC NEED

- cooking oil
- vegetables
- sugar
- tinned tomatoes
- coffee
- tea
- dried fruit
- tinned fish, esp, tuna
- spices: cumin, coriander, chili, etc.



WARMTH

ITEMS THAT ARE IN SHORT SUPPLY

Male Items:



- new male underwear (boxers)
- socks

Hygiene Items:

- razors and shaving cream
- garbage bags (all sizes)

Please do not donate any other clothing items as it clogs up the warehouse and make sure all items are clean and undamaged.

ABOUT BRUSSELS NIGHT SHELTER

This is a large warehouse where men can sleep for the night. They are given a bed and the basic necessities. This is run by volunteers and allows these men to have a safe and warm place to sleep at night.



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